

The Dinner Table Project

September
2019

A program for families to eat together, have fun, and grow closer through conversation.

Have a conversation about when it is ok and not ok to use the phone. This should include both time and place. Talk about rules for cell phone use during dinner, at social events, and in public places.

Conversation Starters

If you could make up a brand new school subject, what would it be?

How do you make friends?

When you woke up this morning, what was the first thing you thought about?

What is your favorite joke?

What is one thing that you do not know how to do, but you wish you did?

Dinner Table Game: Hand Tap

Have everyone place their hands in front of them with their palms down on the table. Explain that this is a tapping game and the goal is to tap hands in the order that hands are placed on the table. For example, if person 1 began by tapping their left hand, it would be followed by person 2's right, person 3's left, and then back to person 1's right. Tell each person to raise their right hand and place it on the table next to the left hand of the person to the right. Each person's left and right hands are separated by the right hand of the person on their left and by the left hand of the person on their right. It should look similar to the picture on the right. To make it a tad more difficult, add a double tap! If a player double taps the table, you have to reverse the order!



Developmental Assets

The Search Institute has identified 40 positive supports and strengths that young people need to succeed. They focus on relationships, opportunities, values, commitments, and more. We introduce you to 2-3 assets each month and provide you with a tip to incorporate it in your everyday life. See the full list of assets on our website or go to www.search-institute.org!

Planning & Decision Making

It is important that caregivers help their child think through and plan school and play activities.

TIP: Encourage your child to invite a new friend to a play date and let them plan the snack and activities!

Equality & Social Justice

It is important that caregivers encourage their child to be concerned about rules and being fair to everyone.

TIP: Get a poster board and write down your family's rules- have your child help and let them decorate it!

#KYDinnerTableProject

September 2019

National Suicide prevention Awareness Month

[One conversation can save a life]

National Suicide Hotline:

1-800-273 TALK (8255)

blessingmanifesting

Character Word of the Month

Caring

Synonyms: Pay attention to, consider, nurture, protect, treasure

Ways to show you care:

- ♥ Do something nice for someone without being asked
- ♥ Clean up after yourself
- ♥ Open the door for someone
- ♥ Ask a friend if they need help if you see them struggling with something

Sheet Pan Teriyaki Chicken

What you'll need:

- 1 pound of boneless, skinless chicken breasts, diced into bite-sized pieces
 - 1/4 cup teriyaki sauce
- 2 tablespoons olive oil, plus 2 tablespoons for drizzling over pineapple, peas, and peppers
 - 2 tablespoons honey
 - 2 teaspoons ground ginger
 - 1 teaspoon freshly ground black pepper
- 1 1/2 cups fresh or canned pineapple, diced
 - 1 cup sugar snap peas
- 1 red bell pepper, trimmed and diced into bite-sized pieces
 - Salt and pepper, to taste
- Green onions, sliced into thin rounds, optional for garnishing
 - Sesame seeds, optional for garnishing



Directions:

Add the chicken, teriyaki sauce, 2 tablespoons olive oil, and pepper to a large Ziploc bag. Move chicken around to fully coat and place bag in the fridge to marinate for at least 30 minutes (overnight is best). Preheat oven to 475 and line a baking sheet with foil for easier cleanup.

Add pineapple, sugar snap peas, and bell pepper to a sheet pan and evenly drizzle with 2 tablespoons olive oil, and season with salt and pepper.

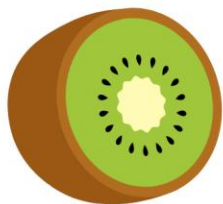
Using a slotted spoon or tongs, remove chicken from bag and place it on the baking sheet (discard the bag with the marinade) and combine the chicken evenly with the other ingredients.

Bake for about 15 minutes or until chicken is cooked through; stir and flip once halfway through baking to ensure even cooking and do not overcook. Keep an eye on it after 10 minutes.

Evenly garnish with the green onions and sesame seeds before serving if desired.

Tip: Serve over white rice!

Adapted from: <https://www.averiecooks.com/15-minute-sheet-pan-teriyaki-chicken-and-pineapple/>



FUN FOOD FACT:

Eating two kiwi fruits an hour before you go to bed can help you fall asleep faster!



Questions to ask & answer every day:

What is one thing you learned today?

What are three things that you are thankful for?

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thedinnertableproject.org

